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Search:

All

Go

What's next Overview Posters List

Abstract

Title	The effect of Ondansetron in prevention of postoperative shivering after general aesthesia in gynecological surgery
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Background: Postoperative shivering is one of the common problems following general anesthesia and may lead to multiple complications. Different drugs and methods have been used in prevention and treatment of the postoperative shivering. The aim of this study was to examine the preventive effects of Ondansetron and Meperidine on postoperative shivering.

Methods: This randomized placebo-controlled double blind clinical trial included 90 patients scheduled for elective gynecologic operations, randomly divided to three groups. Ondansetron (4mg), Meperidine (0.4 mg/kg) and 2 cc normal saline (as a control group) were administered immediately before the induction of anesthesia. Anesthesia induced equivalently for all. Patients were observed in terms of vital signs, side effects and shivering.

Results: Postoperative shivering was observed in 13.3% of patients in Ondansetron group and 20% of Meperidine group, significantly lower than controls (50%). The reduction of core and skin temperature during the anesthesia and recovery, changes in systolic and diastolic blood pressure and heart rate were similar in all three groups. The incidence of nausea was similar among three groups of study while vomiting occurred in 6.7% of Meperidine group and 3.3 % of controls but none of the patients receiving Ondansetron.

Conclusion: Administration of 4 mg ondansetron before the induction of anesthesia have significant effect on the reduction of post operative shivering. Ondansetron can be used in outpatients operation particularly in patients with cardiovascular problems because of its hemodynamic stability and reduction of nausea and vomiting.

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All

Go